

## **MARSING JOINT SCHOOL DISTRICT POLICY AND PROCEDURE MANUAL**

**Series           200 -- LEGISLATION AND ADMINISTRATION**  
**Section        205 -- Miscellaneous**

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### **205.1 – DISTRICT WELLNESS POLICY**

The Marsing School District Wellness Policy reinforces the promotion of a healthy school environment where children learn and participate in positive wellness practices. This district wide policy encourages all members of the school community to create an environment that supports lifelong healthy eating habits, reducing childhood obesity and promoting physical wellness. It is the position of the District that life long healthy eating and exercise patterns will assist students in reaching their full potential. In compliance with regulations, parents, staff, administration, community members and the Board of Trustees have established the following wellness goals reflecting the position of our District.

#### **District Nutrition Standards:**

1. The Marsing School District will provide school meals, which meet or exceed the nutritional standards required by State and the National School Lunch and Breakfast Program.
2. Milk will be promoted during all meals and available to students who bring sack lunches. Pure juice may be available as an additional beverage during the school Breakfast menu.
3. Parents who send sack lunches to school from home will be encouraged to bring 100% juice or milk.
4. District students will learn about the importance of eating nutrient dense foods like whole grains, fresh fruits and vegetables.
5. In compliance with federal mandates, reimbursable meals shall be derived from no more than 30% of total calories from fat and less than 10% of total calories from saturated fats.
6. No individual menu item served by food service as a part of a traditional meal or Snack item will contain more than one third of its weight from added sugar. An exception may be made periodically for a traditional meal treat.

7. Food and drink available on school grounds and at school sponsored activities during the instructional day, 7:45 A.M. -3:00 P.M., will meet or exceed the District Nutrition guidelines utilizing the “NutriKids” computerized system to analyze nutrient content of all food items and daily menus.
8. Pricing strategies will be used in any vending machines or concessions to promote healthy snack choices.

### **Nutrition Education:**

1. The Marsing School District will promote family healthy eating patterns through classroom nutrition education coordinated with the comprehensive Health, Great Body Works and Consumer Science Curriculums.
2. The District will involve students and parents in Nutrition activities through classroom and District committee participation and by involving family members and community residents in nutrition education.
3. The provision of Professional Development opportunities to food service staff in compliance with the Idaho Department of Health and AFSS.
4. The District will provide relevant continuing education opportunities for all physical education and health staff.

### **Physical Education:**

1. Elementary School kindergarten students receive at least 30 minutes per week of physical education. Students in grades 1<sup>st</sup> through 2<sup>nd</sup> receive at least 60 minutes per week of physical education and students in grades 3<sup>rd</sup> through 5<sup>th</sup> receive at least 90 minutes per week.
2. Middle School students in grades 6th through 8th grades will receive at least the equivalent of one (1) semester of physical education per year.
3. High School students in grades 9<sup>th</sup> through 12<sup>th</sup> grades will receive 2 semesters of physical education prior to graduation.
4. Students will be encouraged to participate in competitive sports covered under Title IX such as football, volleyball, softball, basketball, baseball, track and wrestling.
5. Community youth sports will be available as after school activities supported by District facilities. Informal and Intramural sport activities will be encouraged during recess and lunch breaks.

6. Middle School and High School elective choices will include courses in physically active lifestyles.
7. The health benefits of walking will be emphasized during the school day.
8. The District will make every effort to continually provide adequate equipment and facilities for physical education activities.

### **Monitoring**

1. Marsing School District Wellness Policy will be available in the Marsing School District Policy Manuals centrally located in all administration offices and available to all staff and parents.
2. Building principals and administrators will monitor implementation of the District Wellness Policy within each of the individual buildings.
3. The District Food Service Coordinator will monitor policy implementation within the District kitchen and cafeteria.
4. Staff will recognize the District commitment to health and well-being of its students with adherence to the Marsing School District Wellness Policy.
5. The Marsing School District Superintendent and Board of Trustees will monitor and uphold policy execution and revisions.